

# BENEFITS bulletin

SOUTH DAKOTA  
state employee  
benefits program

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## ACT: Last Chance to Finish Your Wellness Qualifications



## Learn: March is National Nutrition Month

If you're looking for a simple way to make a healthy change in your lifestyle, nutrition is a great place to start. It's never too late to make a healthy change, and you can avoid potentially life-threatening conditions, such as obesity, type 2 diabetes, high blood pressure, and cancer.

Avoiding unhealthy foods could be your first step to a healthier lifestyle. Fried and fatty foods should be consumed in moderation. Removing sugary items such as candy, sodas, and juice drinks will also make a positive impact.

The average American consumes 20 teaspoons of sugar per day. Most sugar consumed is hidden in treats normally not thought of as sweet, including breakfast cereals, yogurts, condiments, spaghetti sauces, and nut butters. Check out labels on your favorite foods to determine if sugar is lurking in disguise.

Another helpful tip is to control your caloric intake. Individuals who write down what you eat and drink on a daily basis lose an average of 10 percent of their body weight in a year.

Making a healthier change in your diet and nutrition does not mean you have to sacrifice taste. There are hundreds of diets and recipes available online that can provide you with delicious and healthy meal options.

Healthy nutrition resources are available at [EatRight.org](http://EatRight.org), [ChooseMyPlate.gov](http://ChooseMyPlate.gov), and at [Benefit.StayWell.com](http://Benefit.StayWell.com).



## Employee Assistance Program Monthly Webinar:

### **Mental Health Drives Performance**

The goal of this session is to develop and train employees to provide emotional support to coworkers who are facing individual emotional concerns. For example, an employee may hear news of a recent bereavement of a family member. This training will equip peers to be able to respond and support their coworker in a manner that is helpful.

If you have not previously registered to view a webinar below, you will need to enter in your name, email address, and employer and click "submit" to view the presentation.

Earn 25 wellness points if you watch this webinar and enter the date at [benefit.staywell.com](http://benefit.staywell.com). To log your points, go to the My Progress bar, arrow down to Employee Assistance Program and enter the date you completed the webinar. The maximum number of points you can earn in the Employee Assistance Program section is 50 points.

This webinar is available for viewing any time during the month of March.



## Your beneFIT well-being Program: Wellness Qualifications Completions

If you haven't earned the 100-points yet, there are several easy ways you can earn the required points. To get started, log into [benefit.staywell.com](http://benefit.staywell.com) and click the My Progress tab. This will tell you how many points you have earned towards the required 100 or 200 if your spouse is covered on your health plan.

- Digital Workshops: Address Your Stress, Weight Loss Success, and other workshops are worth 15 points each.
- Health Series: The Men's Health Series, Women's Health Series, or Family Well-Being Series are worth 40 points each.
- Educational Classes/Webinar: This is found under Well-Being Activities. Attending the next **Lunch and Learn** could earn you 25 points.
- EAP Webinar: EAP Webinars are available each month at [EAPHelpLink.com](http://EAPHelpLink.com), and are worth 25 points.
- Preventive Care Programs: Enter the day you received your flu shot, got a dental checkup, or had an eye exam to earn 25 points to your total. Please note there is a limit of 50 points that can be earned in this category.

Remember, April 1 is the deadline for completing all three wellness qualifications. Do not wait until the last day! Make sure your progress bar displays 100 (or 200 if you cover your spouse) prior to the deadline.



## ASK

### **I have a question for StayWell. When can I contact the HelpLine?**

The StayWell HelpLine is available six days a week to answer your questions:

<b>Monday – Thursday:</b>	<b>8 am – 8 pm CST</b>
<b>Friday:</b>	<b>8 am – 6 pm CST</b>
<b>Saturday:</b>	<b>8 am – 1 pm CST</b>

If you have questions about the username or password recovery, health coaching, earning your 100 wellness points, or anything else regarding the beneFIT StayWell Program, please call the StayWell HelpLine at 800.721.2749.

### **When Does Annual Enrollment Begin?**

Annual Enrollment begins on May 1 and ends at noon (your time) May 15, 2019. This is the best opportunity to enroll in the benefits that are ideal for yourself and your family for FY20.

If you don't log in and participate in Annual Enrollment:

- You may not be enrolled in the health plan you prefer.
- You will not be contributing money to a medical or dependent flexible spending account.
- Your current flexible benefits (dental, vision, etc.) will remain the same as last year.

Stay tuned for more communications on Annual Enrollment in the near future.

## For Your Information...

**Automated External Defibrillators are available throughout State Government facilities. Click the image below to see how these devices are used.**



## **Contact Us:**

**Call: 605.773.3148**

**Email: [Benefitswebsite@state.sd.us](mailto:Benefitswebsite@state.sd.us)**

